

COMMON SENSE: EARACHE CARE

Arizona Department of Corrections
Health Service Bureau

Inmate Wellness Program
HEP 1055- 01/06



A mild earache may be self treated. Earaches accompanied by bloody discharge, pus, or severe pain need to be seen by a health care provider. Submit an HNR if you have any of these symptoms.

1. Earaches may be caused by congestion. An antihistamine may be of some help with the congestion and therefore relieve the earache. Antihistamines can be obtained in the inmate store.
2. Warm or cool compresses may help with the pain.
3. Aspirin or acetaminophen (if you are not allergic) may help with the pain. These medications can be obtained in the inmate store.
4. Earaches may also be caused by a simple cold. Therefore cold medicine may help relieve the pain of an earache. Cold medicines are available in the inmate store.

If purchasing medication from the inmate store, use only as indicated and follow the directions on the package carefully.

Other Instructions: